There are several pages of facility specific fall prevention information for your review. Please use the page down button on your keyboard to review all the material specific for Capital Region Medical Center. When you have completed the facility specific information you will be prompted to resume using the CareLearning menu options on the left of your screen.
Universal FALL Precautions

- Familiarize the patient to the environment
- Teach patient how to obtain help (call light within reach)
- Keep the patient’s personal possessions within reach
- Encourage patient to use handrails in bathrooms, rooms, hallways
- Keep equipment (beds, carts, chairs) in low position with brakes locked
- Provide non-slip, well-fitting footwear (shoes from home are typically best)
- Utilize night lights or supplemental lighting
- Keep floor surfaces clean and dry; wipe spills up promptly
- Keep patient care area uncluttered
FALL defined

- A sudden, uncontrolled, unintentional, downward displacement of the body to the ground or other object, excluding falls resulting from violent blows or other purposeful actions.

- A prevented fall is a sudden loss of balance that does not result in a fall or other injury due to patient regaining balance or assistance from another person. This can include a person who slips, stumbles or trips but is able to regain control prior to falling.
Complete an event notification for any fall or prevented fall that occurs on Capital Region Medical Center’s property.

Select the most appropriate type of fall:

1. Environmental/accidental fall
2. Anticipated physiologic fall
3. Unanticipated physiologic fall
4. Fall Risk not assessed (used for staff, visitor, or clinic patient falls when person was not assessed for a fall risk prior to fall)
Environmental/accidental fall event notification

- Caused by things in the environment such as ice, wet spots, grease, polished floors, loose carpeting, and uneven walking surfaces.

- Please report any potential hazard to prevent falls.

- Use and encourage the use of handrails whenever on steps.
Anticipated physiologic fall event notification

- Patient is identified by a fall risk assessment to be at a high risk for a fall due to a medical condition or diagnosis including, but not limited to, confusion, dizziness, weakness, limited mobility especially if unable to rise from a seated to a standing position in a single smooth motion without use of hands.

- 78% of all patient hospital falls are due to this category. Staff realizes patient is at a high risk for falls and takes measures to try and prevent it.
Prevent FALLS in hospitals

- All employees whether a direct care provider or not, are to respond to alarms in the hospital. Nurses will activate alarms (bed/chair) for those patients that might try to get up by themselves who are at risk for falls.

- What should you do if you come across a patient alone with the bed alarm sounding and the patient out of bed? Stay with the patient or try to get him/her back in bed or to sit in a chair.

- GET THE NURSE IMMEDIATELY
Yellow armband and/or yellow slippers

- Signify that a Capital Region Medical Center’s hospitalized patient has been classified as having both a high risk of falling and having a high risk of injury if he/she falls. This person should not be up walking alone.

- What should you do if you come across a patient alone with yellow slippers on or a yellow armband out of bed? Walk with him/her back to their room and flag down a nurse.
Unanticipated physiologic fall event notification

- This person falls due to a physical reason that was not detectable. It is a result of a sudden change such as a heart attack or stroke.

- Whenever you find an unresponsive person activate emergency medical services and be prepared to begin CPR if trained.
Thank you for reviewing your facility specific information.

You may now resume using the Care Learning menu on the left of your screen.